



INVITES YOU TO JOIN US FOR

FREE Zumba Classes!

Bridlewood Child Care Centre Gym
2 Stonehaven Dr. from 7—8 pm
(please arrive by 6:50 to sign in and get settled)

Zumba—Thursdays from June 29 to August 3

Zumba® classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. Lose yourself in the music and get fit with high-energy Latin and international beats. Before you know it, your energy levels will be soaring! It's easy to do, effective and totally exhilarating www.zumba.com. No experience necessary, all fitness levels are welcome (options for all levels), for both women and men, kids (>10 years old) and teens are invited to come with their family, bring a water bottle and dress as you would for any fitness class (e.g., shorts/yoga pants and sneakers). Instructor: Jenn



We are still looking for other certified instructors willing to volunteer to run classes!

For more info contact Margaret at sports@bridlewood.ca